

Testimonials

"Not only is Sigrid half the woman she was, but she is twice as happy ~ she is a truly remarkable woman who can change your life! If you have battled with your weight then you simply must read her powerful book "Half The Woman I Was". It's the most comprehensive book on losing weight you will ever read, full of ideas, wisdom and strategies that will change your thinking and behaviour forever. Follow it and you will inevitably lose weight."

**Karen Scott, Author, Entrepreneur,
Speaker, Life & Business Coach
www.RisingFromTheRubble.com**

"Half The Woman I Was" is a powerful account of a woman who was determined to change her situation. It's about a lot more than just weight loss ~ it actually offers a new way of thinking with the experience of one courageous woman to back it up. As a physiotherapist I have always practiced the philosophy that our physical bodies reflect to some degree the confidence and convictions of our inner world. Sigrid's journey and book exemplifies this especially well."

**Jason Smith, National Group Director –
Back In Motion Health Group
www.backinmotion.com.au**

"Sigrid is a woman who believes totally in what she is doing and takes massive action to get the results she wants. Her story is inspiring, as is her action to write "Half The Woman I Was" and create products to help others on their journey. She has let nothing get in her way, including her day job which she left to give this project her total attention. She will do outstandingly because that is her standard."

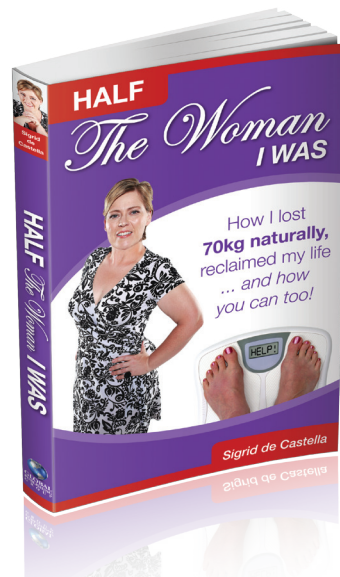
**Dr Buzz McCarthy, Author, Storyteller,
Psychoneurologist, Speaker
on Relationships and Wealth
www.MenToAvoidMenToEnjoy.com**

"Half The Woman I Was" is an amazing and true story of a woman who has not only learned how to change her physical body forever, but also redesign her life and make her dreams a reality. Watching her transformation firsthand was to see a fantastic journey to self-actualisation. I am proud and honoured to know the incredible person behind the story."

**Michael Kaltenbaugh,
former IBM Colleague and Friend**

"Sigrid is the real deal. I have known her before, during and after her incredible transformation. If you want to lose weight you simply couldn't ask for a better mentor or coach. Do yourself a favour and grab a copy of "Half The Woman I Was" which is the distillation of all her experience, training and knowledge to date."

Ruth Watson, Accountant and Friend



www.HalfTheWomanIWas.com